### Of Interest to Every Woman

# Home Page

The Times-Dispatch Children's Club

### Chronic Laryngitis BY LILLIAN RUSSELL.

pyright, 1914, by Lillian Russell, ]

nis is by far the most important form of laryngeal disease, since it springs from only slight causes and is a common and distressing malady. It

always ends in injury to the voice and too frequently in consumption. The symptoms are generally mild in the beginning and therefore misleading. A slight pricking in one or the other side of the throat, or a tickling sensation which provokes coughing, seems unimportant, but it necessitates clearing the throat continually by rasping to clear the windpipe. Hoarseness becomes a habit, and a great change takes place in the breathing—it becomes louder but shorter, until one breathes no deeper than the larynx. The obstructions are fast closing the tubes below the votes by ing the tubes below, the voice is changed; at first it is hoarse and then gradually becomes more feeble as the disease progresses till it is searely audible.

of dicerations of the vocal cords take place, there is a total loss of voice. In the majority of esses only a feeling of obstruction is experienced, and the effort to clear this away occupies a great part of every conversation with a friend. It is most distressing, especially to the friend.

Chronic laryngitis frequently occurs from excessive use of the voice. This

from excessive use of the voice. This form of disease is common in clergy-men, baseball fans, and chorus girls, as well as in lawyers and public speak. The vocal cords, by straining and overuse, become exhausted and lose

There are various phases of this dis-case, from the slight huskiness to the entire loss of voice from which many people suffer.

people suffer.

The most intimate connection exists between affections of the throat and those of the larynx. The reason is easily understood. Every breath you draw passes directly from the inflamed throat into the larynx. They form different parts. draw passes directly from the inflamed throat into the larynx. They form different parts of the same tube and are covered by a common membrane, one over which irritations spread rapidly. Again the parts are in immediate contact and the mucus secreted in the throat becomes entangled about the epiglottis and entrance into the larynx, and is drawn in by one instinction and

This is a state or condition which is o reason to cure, becomes a chronic

be listened to—it is a veritable ther-mometer. When it is clear and musical the health is generally normal, but should be looked to. Throat affections are the forerunners of typhoid fever and almost every other disease. Cure the first slight itching in the throat and you will more than likely pre-

and you will more than likely pre-vent a scrious illness.

Remember, neglect always revenges itself upon the negligent. Attack the first enemy and you have the battle

### Lillian Russell's Answers.

S. II.: Round shoulders are certainly a beauty destroyer. A round shoul-lered girl can never look smart, for smart women are particularly straight and erect in figure. Clothes never hang properly on badly shaped shoulders, hink it is much better to wear shoul-er braces than to have stoop shoullers. Deep breathing exercises are ex-cellent for round shoulders. I am sure you can force yourself to hold your shoulders straight. If you care for shoulders straight. If you care for directions for deep breathing, send me a stamped, addressed envelope and I shall gladly send them to you.

taken every day. Practice deep breath-ing the first thing in the morning and the last thing at night while walking and at any time you can. Plenty of green vegetables and nourishing foods must be eaten. Masticate your food well. I would also advise you to go to your family physician and get a good

Miss L : The only formula I know Miss L.: The only formula I know of for beet rouge is as follows: Take a raw beet rouge is as follows: Take a raw beet rand grate it, then press through a fine cloth. Add a little alcohol to the juice. This rouge is perfectly harmless.

Florence: Biting the lips is what rakes them dry and rough. Stop bit.

Florence: Hiting the lips is what makes them dry and rough. Stop bitting them, for you will surely spoil their delicate curves, also the color and texture. There is nothing better for chapped lips than a good cold cream. Apply plenty of it to the lips at night. This will make them smooth, but you must remember that you must first gtop biting your lips before you can hope to have smooth, red lips.

W. E.: No, do not use a wire brush on your hair. This pulls and breaks the hair off. The best brush to use on the hair is a brittle brush, not too stiff. The bristles should be long enough to reach the scalp when brushing the hair. Keep your brush clean. After using it, it is a good plan to dip it into warm water, to which a little ammonia has been added. This removes all the dust and dirt from the brush.

How to Pack Eggs. Now while eggs are cheap is the time to sait them down for use next winter, when they will be 25 to 50 cents a dozen. Give each egg a conting of lard and pack in jars of sait, small end down. Be sure the eggs are fresh. The sait should be rather fine.

fresh. The salt should be rather fine, and the eggs should not touch each other. Packing eggs in very dry bran, in a thick, tight, well-hooped oak keg or half-barret, or a large earthenware crock, with none of the eggs touching each other, and with the small ends down, is also said to be a sure method of keeping them. In either case keep in a cool, dry place.

A Portable High Chair. When traveling with baby one of the greatest conveniences is a folding high greatest conveniences is a folding high chair. This chair is light, compact and safe, and there is no possibility of the baby upestting it or falling out. It can be attached to the back of any ordinary chair or car seat and is easily adjusted to any height. Every mother who takes her baby away from home should have one.

Guinea Mills, Va.

Dear Editor.—I never have been a member of the T. D. C. Club, and I wish you would please send me a badge. I am send-ing some drawings this week, and I hope on the senting print very soon. We do not get the paper except on Sundays, who takes her baby away from home should have one.

Money Talks.

"'Twere better to have loved and divorced than never to have loved at all."

"That depends upon the damages,"

# The T. D. C. C.

MORE NEW MEMBERS.

My Dear Girls and Boys,—Here are some more new members for our club. To-morrow we will have almost as many other letters to publish, and I am sure every member of our club joins me in wishing all of them success and pleasure in their work for our page. YOUR EDITOR.

Dear Editor, I am sending in a drawing which I hope to see in print Sunday, and I would like very much to win a prize. Please send me a badge.

Your member.

MARY ROSALIE SOLARI.

7508 East Franklin Street, Richmond.

Dear Editor,-1 would like to join the T. D. C. C. Club. Will you please send me a badge? I wrote you a letter inclosing



which I hope will win a prize. I have tried hard, but could never win a prize. Please send me a badge. Your member.

ANNIE BICKERSTAFF.

isil East Main Street Richmond.

Dear Editor,—I am very sorry I could not have written before this but school has just closed, and I have been so husy working. I am sending you a composition on the life of a schoolboy. Hope you will like it. I am still noming to get a prize. I have not recylved my badge yet. Please and as soon as possible. Hoping to see this pleis in the T. D. C. page, I remain your member.

RALPH C. BARBEE. RALPH C. BARBEE.

Imption, just for lack of attention at the proper time.

The tone of the speaking voice should be listened to—it is a veritable thereformeter. When it is clear and musical in health is generally normal, but the property of the speaking to be seen and musical in the seen



Dear Editor,—I have been an interested reader of the T. D. C. C. for a long time, and have now decided to join the club. Please send me a badge. With the best of wishes to you and the club, I will now close. Your new member:

Your new member:

LOUIS COOPER.

221 Halifax Street, Petersburg, Vm.

Dear Editor, I have been very interested in the T. D. C. C. page of The Times-Dispatch, and would like to be a member of the club. Please send me the rules and also a membership badge. I am eleven years old. I am sending you a little picture in this letter. Yours truly.

Farmville, Va.

Dear Editor, I am sending in a little story and hope to see it in print next Sunday I answered the poem puzzle, by Alvin Hattorf, and am also sending that in. Please send me a badge, as I am a new member and am real anxions for one. I would appreciate it ever so much.

Your true member.

CATHARINE CAMILIA WIMBISH.

Scottsburg, Halifax County, Vs.



Drawn by Dorothy Waller.

read the page. I am sending a story and two drawings, which I hope will escape the wastebasket.

Your new member,
ELSIE M. BALDWIN. Guinea Mills, Va.

Stovall, N. C.

Dear Editor.—I haven't sent in anything since I joined. I hope my drawing will be on the page this time. I am so glad we are going to have a column every day. Haven't gotten my badge yet. I hope to get it very soon.

Stavall N. C. R. F. D.

Stovail, N. C. R. F. D. JACKSON.

Stovail, N. C. R. F. D. T. Stovail, N. C. R. F. D. T. Stovail, N. C. R. F. D. JACKSON.

1 hope to see both in print.

1 DA JACKSON.

Dear Editor.—I have seen the drawings in the T. D. C. C., and I like them very well. I thought I would send in some drawings this week. I will have to close. Yours truly, LESLIE A. BLANKENSHIP. Petersburg, Va.

### SOUTH RICHMOND

# ILLNESS OF PLAINTIFF DELAYS DAMAGE SUIT

in Excursion to Virginia Beach. Party of Young Men Plan to Camp

at Falling Creek.

Lloyd Goode, colored, was arrested yesterday morning by Officer John H. Lee on the charge of robbing E. E. Baulding of a watch, which he said he had lost the night before while sleeping in his wagon in South Richmond. A time-piece was found on the negro, and Gaulding identified it as his. He also told the police that Gaulding was the same man he had seen loading near his wagon. Goode will be tried this morning in Police Court, Part II.

Methodists to Have Pienic.

One of the largest excursions from the Southside will be run to-day to Norfolk and Virginia Beach by the Sunday schools of Woodland Heights, Decatur Street and Central Methodist Churches. A large crowd will enjoy the cool breezes at the seashore. The train will leave Byrd Street Station at 7:39 o'clock, and returning leave Norfolk at 7:39 o'clock to-night.

Southsiders to Camp.

A party of about twenty young Southsiders will leave on Friday night for a camping trip near Stop 26, on the Petersburg Turnpike. The boys will spend the week under the tents, white will be pitched on a little knoll overlooking Falling Creek. Boating, bathing and fishing will be enjoyed on the water, while athleties and other sports will be the diversions on shore.

Personal and General.

The degree team of Indianola Tribe, The degree team of Indianola Tribe, The degree team of Grader of Red Men, The degree team of Indianola Tribe, The degree

Personal and General.

The degree team of Indianola Tribe, No. 52. Improved Order of Red Men, will run a moonlight excursion to Dutch Gap to-morrow night. Refreshments will be served and there will be dancing on the boat, which leaves the wharf at \$120 o'clock.

Howard E. Adams and G. N. Campbell will leave on Sunday to spend some time at Ocean View.

Miss Zadelle Turner, of East Thirteenth Street, is sick at her home with malaria fever.

took all the steam.

Once Upon a Time

there was a Mississippi steamboat with a whistle so big

that every time it blew the boat stopped. The whistle

There are lots of people to-day who exhaust all their

The trouble is, they have no reserve to carry them

Human strength and energy are obtained from food.

And it is plain that it must contain the vitalizing ele-

ments which the system can take up and store as re-

serve power for occasions, not only ordinary, but extra-

Grape-Nuts

"There's a Reason"

ishment of the grain, including the vital mineral salts-

a combination that builds brain, brawn and nerve.

Made of wheat and barley, it contains all the nour-

Grape-Nuts is the ideal hot weather food. Concen-

trated-easy to digest-easy to serve-crisp-delicious!

--Sold by Grocers everywhere.

energy every time they "blow their whistle."

through the average duties of every-day life.

is the food for strength and energy.

## **PETERSBURG**

# PETERSBURG GRAYS OFF FOR ENCAMPMENT

Three Southside Sunday Schools Join He Will Receive Instructions as to His Duties as Secretary to United

Owing to the illness of Mrs. Davidson, the suit of Mr. and Mrs. George Davidson against the Virginia Railway and Power Company was continued yesterday in Hustings Court, Part II. The plaintiffs are seeking damages in the sum of \$10,000 for the death of George Reginald Davidson, five years old, who was killed by being run over by a street car in front of the Marshall Reservoir Park on March 26.

Nearly fifty witnesses were present in the court when the case was called, and a number of these saw the accident. The case for the plaintiffs is being conducted by Attorney Hunsdon Cars, while the defendant company is represented by General Attorney A. B. Guigen and Thomas P. Bryan. No definate date was set for the trial of the case.

Arrest Alleged Pickpocket.
Lloyd Goode, colored, was arrested. Officers and men left in fine spirits anticipating a pleasant ten days' en-

Left to Receive Instructions.

Richard Beale Davis, Jr., recently appointed by the President and confirmed by the Senate as secretary of the United States legation, at Haiti. left this morning for Washington in response to report at the State Department for instructions as to the duties of his root. He will be in Wash. With Justice Maurice.

A. L. Thomlin and Waverly Sharp were fined \$2.50 apiece yesterday morning in Police Court, Part II., for being disorderly in Washington Park.

Justice Maurice imposed a fine of \$10 on Howard Hall, colored, charged with raising a disturbance in a pool-troom. tersburg bar, is a graduate of the University of Virginia, is a man of culture and fully qualified for the duties of the position to which he has been appointed. He will carry with him the good wishes of a large circle of relatives and friends.

trade, and is surviced by two sons and two daughters. Mrs. J. S. Davis, of Richmond; Miss Blanche, Reed R., and William R. Clary, of Petersburg. The funeral will be at the grave in Pland-ford Cemetery, at 5:30 to-morrow af-

Oscar Edwards, negro, who brok into and robbed the office of W. I Boy Is Run Down.

Lynchburg. Va., July 21.—Harry Lovell, a seven-year-old boy, was run down by Dr. J. H. Rawling's automobile in Cabell Street this afternoon, but luckly the boy fell between the wheels, and the car passed over him. The boy was slightly hurt when knocked down, but he is not seriously injured.

Historian robbed the office of W. H. Camp, near the wharf Saturday night and was arrested yesterday at Disputanta, was before the police justice this morning, and was sent up to the Mustings Court to be tried for felony Among the articles stolen were forty two 1-cent postage stamps, which he sold, and which led to his arrest.

William Patterson, the negro who Camp, near the wharf Saturday night, and was arrested yesterday at Disputanta, was before the police justice this morning, and was sent up to the Hustings Court to be tried for felony. William Patterson, the negro who

held up and, under threats of vio-lence, robbed an old colored man named Jolly, of his watch near Ferndale Park yesterday, and was arrested here, was taken before a magistrate in Dinwid-die to-day, and was sent on to the Cir-cuit Court for trial.

Child Fatally Injured.

Parents of Child Killed by Street
Car Seek \$10,000 Compensation.

METHODISTS' PICNIC TODAY

DAVIS GOES TO WASHINGTON

Three Southside Sunday Schools Join

CF FOR ENGAMPMEN

OFF FOR ENGAMPMEN

Mary Mason, colored, aged eight years, was brought to the hospital here last night in a fatally wounded condition. It seems that she was playing on a side-track at the Camp Manufacturing plant, near Butterworth's was being pushed down the track. An arm and leg was crushed, and a hand cut off, and death from shock resulted soon after she reached the hospital.

in the Hustings Court.

States Legation at Halti, to Which He Has Been Appointed.

[Special to The Times-Dispatch.]
[Special to The Times-Dispatch.]
[Petersburg, Va., July 21.—The Peersburg Grays, about fifty-five strong, ully armed and equipped, left this fiternoon for Gordonsville, to particitate in the State military encomponent.

Call for Rev. C. E. Elmore.

[Special to The Times-Dispatch.]
Pulaski, Va., July 21.—The Christian
congregation at a congregational meeting held on Sunday authorized the official board to extend a call to Rev.
C. E. Elmore, who does evengelistic
work in the field. Mr. Elmore can be
secured as acting pastor until October I, and will take up the work on
Sunday. He succeeds Rev. George W.
Paelps, recently resigned.



YOU don't have to wonder if Resinol is doing you good, you know, because the first application stops the itching and your tortured skin feels cool and comfortable at last. Won't you try the easy Resinol way to heal eczema or other skin-eruption?

Resinol is so nearly flesh-colored that it can be used on exposed surfaces without attracting undue attention. Resinol clears away pimples and blackheads, and is a most valuable household remady for sores, burne, boils, piles, etc. For sample write to Resinol, Dept. 41-S, Baltimore, Md.

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THE WILTSHIRE Virginia Avenue and beach, Ocean view; capacity 20; private baths. Running water in rooms; elevator; music. Specia \$15.00 up weekly; \$2.00 up daily. Open all the year. Booklet. SAM'I. ELLIS.

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Beaumont --- Tennessee Ave. near Beach. Excellent accommodations and table. Bathing from house; free shower bath; \$8 to \$15 | M weekly. L. K. LOWER

HOTEL MAJESTIC Virginia Ave Centre of attractions. Ocean view, Renovated throughout. Capacity, 330. Elevator. Private baths. White service, etc. Superior table. Special, 510 up weekly; 52 up daily. Hookiet. M. A. SMITH.

KENTON HALL On besch at Beimont Ave. Ocean view from sil rooms: running hot and cold water in every room. Elevator to street level, Free bathhouses. Capacity Depression of TPOMAS KENT.

and Firebroof Annex. Tennessee Ave., bear beach. Central; open surroundings; opposite Protestant and Catholic churches; capacity 500; new throughout; running water in rooms; private baths; inetal beds; 400 feet of porches; excellent table; fresh regetables; windowsscreened; white service; booklet. Special to \$21 weekly; \$1.56 to \$5.60 daily. R. B. LUDY, M. D.

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Strictly fresh fruit and vegetables served on our table.

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Thes and sofrees dansantes. Lady and gentlemen instructors in modern dances. Music by Professor Lenzberg and his amous orchestra.

Prizes-Sterling silver cups for golf, tennis, billiards and bowling tournament.

Special rates for families, Also on club floor exclusively for young men.

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C. Railway station Black Mountain N. Sixteen miles east of Asheyille.

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Cures Nervous Prostration, Dyspepsia,
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booklet.
M. C. THOMAS, Manager

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tion, nervousness and all'ailments attributable to improper functions of the bowels, liver and kidneys.

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